Healthy food and drink supply strategy for South Australian schools and preschools
The strategy is based on the NSW Department of Health and the NSW Department of Education and Training Fresh Tastes @ School Canteen Menu Planning Guide (2006) which is part of the NSW Healthy School Canteen Strategy.

The SA Department of Education and Children's Services and SA Health wish to thank Queensland Health and the Queensland Department of Education, Training and the Arts and the Department of Education Victoria respectively for permission to incorporate components of their Healthy Food and Drink Supply Strategy for Queensland Schools and Go for your life Healthy Canteen Kit.

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The Right Bite strategy does not register or endorse any food or drink products.

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The **Right Bite Healthy Food and Drink Supply Strategy** has been developed by the Government of South Australia to enable our school and preschool communities to improve the health and wellbeing of all young South Australians.

This **Right Bite** resource package is designed to assist South Australian schools and preschools to provide healthy food and beverages and support young people to make better choices about what they eat and drink. It is a serious challenge because we know that many young people are overweight or obese and this can impact on their capacity to enjoy life and achieve their best.

Those of you who work and volunteer in our schools, preschools and health agencies are critical in achieving the success of the **Right Bite** strategy. We know that schools and preschools cannot do this alone. That’s why parents, community and business leaders, health professionals, Governments and young people themselves play a vital role in building a healthy and productive society.

Unfortunately, too many young South Australians do not have a healthy diet and this has a negative effect on their growth, weight, development and learning. The **Right Bite** strategy helps address this challenge.

We applaud the collaboration between our health, education and children’s service agencies for the development of this practical strategy. Its development has been undertaken in the best interests of today’s young children and for future generations.

We commend this package to you and trust it will assist you in making a contribution to a better future for all young South Australians.

---

**Foreword**

HON JANE LOMAX-SMITH MP  
Minister for Education

HON JOHN HILL MP  
Minister for Health
Acknowledgments

The South Australian Department of Education and Children’s Services and the South Australian Department of Health have collaborated to support the supply of healthy food and drinks in SA schools and preschools.

The SA strategy is based on the New South Wales Department of Health’s and the NSW Department of Education and Training’s Canteen Menu Planning Guide, 2004, and the Fresh Tastes Tool Kit, 2004, which are part of the NSW Healthy School Canteen Strategy.

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Part 1
Planning Guide
Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools
Section 1

Introduction and background information
The South Australian government is committed to increasing the proportion of South Australians with a healthy weight. In September 2006 the Eat Well Be Active healthy weight strategy 2006–2010 was released.1 The South Australian government’s strategic directions include a focus on ensuring that school, preschool and childcare environments promote healthy eating and physical activity, and support healthy choices.

The Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools (Right Bite strategy) is a key initiative that will contribute to achieving the goal of improved health and wellbeing of South Australian children and to ensuring an increase in the proportion of the population with a healthy weight.

The Right Bite strategy builds on the eat well sa healthy eating guidelines for schools and preschools (healthy eating guidelines) which were published in 2004. The healthy eating guidelines were developed to provide a framework for schools and preschools to promote learning, health and wellbeing in relation to food and nutrition.2

The healthy eating guidelines (2004) cover six areas:

1. Curriculum
2. The learning environment
3. Food supply
4. Food safety
5. Food-related health support planning
6. Working with families, health services and industry

The Right Bite strategy will help schools and preschools by providing further support for implementing the healthy eating guideline 3.1 which states:


2. The healthy eating guidelines are part of the Department of Education and Children’s Services Administrative Instructions and Guidelines; AlGs Student matters Section 3 part III Division 3-89a. http://www.decd.sa.gov.au

Introduction
‘All food and drink supplied in the course of school and preschool activities should comply with the Dietary guidelines for children and adolescents in Australia and be inclusive of community socio–economic, cultural and spiritual perspectives. Foods that do not comply with the Dietary guidelines for children and adolescents in Australia might be supplied as part of a special event. They should not be supplied more than twice per school term.’

(eat well sa healthy eating guidelines, p.18)

While the Right Bite strategy has evolved from food supply in schools and preschools (healthy eating guidelines area 3), reference is also made throughout this document to other guideline areas.

For success, schools and preschools are encouraged to develop a whole of school or preschool approach to address the six guideline areas. Go to the Department of Education and Children’s services (DECS) website for further information: www.decs.sa.gov.au/eatwellsa

To support the implementation of the Right Bite strategy, a Right Bite resource package has been produced. It includes:

• the Right Bite Manual
• the Right Bite Food and Drink Spectrum poster
• a CD-ROM containing:
  • copies of the Right Bite manual
  • Powerpoint presentation for use by schools, preschools, Governing Councils and parents
• Right Bite Ready Reckoner
• ‘Occasionally’ (RED category) Nutrient Criteria
• Right Bite Food Supply Checklist template
• Right Bite Food Supply Action Planner template
• Right Bite Menu Replacement template
• sample Right Bite canteen menu.
• a recipe costing template

Right Bite strategy

The Right Bite strategy aims to ensure that healthy food and drink choices are available in South Australian schools and preschools.

From 2008 specific standards banning the sale of unhealthy foods and drinks, apply to canteens and vending machines in SA schools and preschools.

Schools and preschools are also encouraged to use these standards to provide healthy food and drinks in all situations where food is supplied in the school and preschool environment, such as camps, excursions, fundraising, celebrations and sports days.

This manual aims to make the job easier for schools and preschools to ensure the food supplied in schools and preschools reflects the Australian dietary guidelines for children and adolescents (ADG). Information is provided in the following areas:

• the nutritional value of foods
• making the most appropriate (and healthiest) food choices
• Nutrient Criteria for identifying foods and drinks that need to be restricted.
The **Right Bite Food and Drink Selector** offers a new way of determining which foods and drinks are the healthiest choices for schools and preschools. Making selections can be a very challenging task. There are many potential food and drink items that could be supplied in schools. The information provided in this strategy will help make this task easier.

**A message to preschools**

This strategy aims to assist both schools and preschools to supply and promote healthy food and drinks to children and students, and to support the development of healthy eating practices.

**How is this relevant to preschools?**

While preschools generally do not have canteens and food services, food and drink are a major part of the daily program. Therefore this strategy does apply in a range of situations, including:

- whenever foods and drinks are provided by the preschool, such as:
  - curriculum activities
  - snack foods
  - lunches
  - catering for special events.

As for schools, the **Right Bite** strategy encourages healthy eating practices to be actively supported across the whole preschool environment. For example:

- rewards: provide rewards which are non-food related
- fundraising: non-food fundraising is encouraged
- food safety: provide adequate food hygiene and hand washing facilities
- staff should model healthy eating behaviours
- include a fruit and vegetable snack time
- provide access to clean drinking water at all times
- provide nutrition information to parents
- develop health support plans for children requiring modified diets.

Many preschools have already developed a healthy eating policy. Such a policy should be developed or reviewed to ensure it reflects the **Right Bite** strategy guidelines.

(See sample Preschool Healthy Eating Policy included on the CD-Rom.)
Why is healthy food in schools and preschools important?

Schools and preschools have an important role in promoting healthy eating and physical activity to children and students and providing an environment that supports a healthy lifestyle. Good nutrition is important throughout life, but particularly in the childhood years, which are a time of rapid growth and development. Healthy eating has a long-lasting and positive impact on children’s growth, development and health.

A healthy diet can assist in improving the behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also help improve academic performance. Importantly, good nutrition during childhood contributes to preventing lifestyle diseases such as overweight, dental disease, type 2 diabetes and high blood pressure, and in later life, osteoporosis, cardiovascular disease and some cancers.

Levels of overweight in Australian children and adolescents have increased dramatically in recent years, with one in four now overweight. This has serious short and long-term health consequences. Excess weight gain is usually a result of eating too much food or the wrong type of food, combined with not having enough physical activity. Overweight children and adolescents are at risk of low self esteem, poor body image and depressive symptoms.

Schools and preschools can promote enjoyment of healthy eating and nurture a positive body image and a sense of wellbeing.

For many students, the food and drinks consumed at preschool and school (from the canteen or brought from home) make a significant contribution to their total food intake. Food supplied in the school canteen and across the school and preschool environment can model healthy food and drink choices that are tasty, interesting, representative of diverse cultures, affordable and provide the means to put into practice the curriculum as stated in the South Australian Curriculum Standards and Accountability (SACSA) Framework. The food provided also influences the development of children’s long-term eating habits, food preferences and attitudes towards food.

The school and preschool food supply can play an important role in promoting healthy foods and creating a culture of healthy eating. This can extend beyond the school or preschool environment and influence food choices within the family and community, enhancing the health, social and diverse cultural aspects of food and eating.

What are Australian children eating?

Increasing fruit and vegetable consumption and reducing intake of foods and drinks that are energy dense and of poor nutritional value are key priorities in improving children’s health.

Results of the most recent National Nutrition Survey in 1995 (1995 NNS) revealed that many young children are not eating the recommended amount of fruit and vegetables for good health. On the day prior to the survey:

- 6% of girls and 4% of boys did not eat any fruit or vegetables
- 69% of 2 to 4 year olds, 61% of 5 to 12 year olds, and 19% of 13 to 18 year olds ate the recommended number of serves of fruit
- 28% of 2 to 4 year olds, 33% of 5 to 12 year olds, and 32% of 13 to 18 year olds ate the recommended number of serves of vegetables
- 51% of vegetable intake was potatoes and 75% of potatoes were consumed fried or mashed with added fats.
The 1995 NNS also showed that of the top five foods eaten by Australian children at school, bread was the only food from the Australian Guide to Healthy Eating (AGHE) five food groups. The remaining ‘top five foods’ included fast foods (pies, hot dogs, pizza and hamburgers), cordial and fruit drinks, fat spreads and sweet biscuits and crackers – foods called ‘extras’ by the AGHE. ‘Extras’ are foods that should be eaten only occasionally or in small amounts. Overall 41 per cent of children’s and adolescents’ total energy intake came from ‘extra’ food and drink, which represents two to three times the amounts recommended by the AGHE.

Recommendations for healthy eating

The Right Bite strategy is based on the Dietary guidelines for children and adolescents in Australia and the Australian guide to healthy eating (AGHE).

Dietary guidelines for children and adolescents in Australia

The Dietary guidelines for children and adolescents in Australia (2003) were developed by the National Health and Medical Research Council. They are based on the best available scientific evidence about what children need to grow and develop to their optimum potential. The guidelines are not listed in order of importance and should be considered together as a package rather than in isolation.

**Encourage and support breastfeeding.**

Children and adolescents need sufficient nutritious foods to grow and develop normally. Growth should be checked regularly for young children. **Physical activity** is important for all children and adolescents.

**Enjoy a wide variety of nutritious foods.**

Children and adolescents should be encouraged to:

- Eat **plenty of vegetables, legumes and fruits.**
- Eat **plenty of cereals**, (including breads, rice, pasta and noodles), preferably wholegrain.
- Include **lean meat, fish, poultry** and/or alternatives.
- Include **milks, yoghurt, cheese** and/or alternatives. Reduced fat milks are not suitable for young children under 2 years old, because of their energy needs, but reduced fat varieties should be encouraged for older children and adolescents.
- Choose **water** as a drink.

**Care should be taken to:**

- **Limit saturated fat** and moderate total fat intake. Low fat diets are not suitable for infants.
- Choose foods **low in salt.**
- Consume only moderate amounts of sugars and foods containing **added sugars.**

**Care for your child’s food: prepare and store it safely**
Food safety

The Dietary guidelines for children and adolescents in Australia now include a guideline about food safety in recognition of the importance of being vigilant when preparing and serving food. Schools and preschools, including the canteen, have a responsibility to maintain safe food handling practices, storage and high standards of hygiene. This is essential to avoid food poisoning and ensure students have access to high quality, safe and suitable food.

Food safety is discussed in part 2 of the manual on page 75. For further advice regarding safe food handling requirements refer to the Department of Health website: www.health.sa.gov.au/pehs/food

The Australian guide to healthy eating

The Australian guide to healthy eating (AGHE) translates the Australian dietary guidelines into recommendations for the amounts and kinds of food we need each day from the five basic food groups to obtain sufficient nutrients for good health and wellbeing.

The five basic food groups

The Australian dietary guidelines provide the general framework for how and what we should eat. The AGHE provides more specific advice regarding the number of serves we need from each of the basic five food groups to ensure that we get all the nutrients our bodies need on a daily basis.

<table>
<thead>
<tr>
<th>Food group</th>
<th>Main nutrients provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, cereals, rice, pasta and noodles</td>
<td>Carbohydrate, iron, thiamin, fibre</td>
</tr>
<tr>
<td>Vegetables and legumes</td>
<td>Vitamins and minerals (especially vitamin A) and fibre</td>
</tr>
<tr>
<td>Fruit</td>
<td>Vitamins, especially vitamin C, fibre and folate, carbohydrate</td>
</tr>
<tr>
<td>Milk, yoghurt and cheese</td>
<td>Calcium and protein</td>
</tr>
<tr>
<td>Meat, fish, poultry, eggs, nuts and legumes</td>
<td>Protein, iron and zinc and vitamin B12</td>
</tr>
</tbody>
</table>

The AGHE (next page) includes a circle divided into different sized segments to indicate the proportions of food from each of the five food groups that we should be eating for good health. Over three-quarters of food intake should come from three major food groups – the breads, cereals, rice, pasta and noodles group, the vegetables and legumes group, and the fruit group.

Foods are grouped together because they contain a similar range of nutrients. The five groups and the main nutrients they provide are shown in the table above.

Fresh, clean tap water is the best drink for good health and is essential every day.
‘Extra’ foods

Some foods do not fit into the five food groups because they are not essential in providing the nutrients needed for healthy growth and development. These are regarded as ‘extra’ foods and include biscuits, cakes, desserts, pastries, soft drinks, high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways, lollies and chocolates.

Most of these foods are processed foods, high in fat (particularly saturated fat), and/or salt and/or added sugar, high in energy (kJ), low in essential nutrients, and for these reasons their intake should be limited. When eaten only occasionally, they can add variety to the diet without replacing the healthier foods needed each day.

The number of serves of the five food groups children and adolescents need to eat each day depends on their body size and activity level. Table 1 provides a guide. Very active children and students may need more each day than shown in the table.

Children can consume up to one third of their daily nutritional intake while at school or preschool. As many children regularly purchase food from canteens, it is important that they provide a wide range of foods from the five food groups and promote and model healthy food choices.
Table 1: Recommended number of daily serves for children and adolescents

<table>
<thead>
<tr>
<th></th>
<th>4–7 years</th>
<th>8–11 years</th>
<th>12–18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereals (inc. breads, rice, pasta, noodles)</td>
<td>5–7</td>
<td>6–9</td>
<td>5–11</td>
</tr>
<tr>
<td>Vegetables, legumes</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Fruit</td>
<td>1</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Milk, yoghurt, cheese</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Lean meat, fish, poultry, nuts and legumes</td>
<td>½</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Extra foods (have no more than)</td>
<td>1–2</td>
<td>1–2</td>
<td>1–3</td>
</tr>
</tbody>
</table>


What is a serve?

Example serves in the table on the following page define the amount of food that equals one serve within each food group. For example, two slices of bread or one medium bread roll is equivalent to one serve. Read the table above in conjunction with the table on the following page to work out how much food from each food group to aim for each day.
## Table 2: Examples of one serve

<table>
<thead>
<tr>
<th>Breads and cereals</th>
<th>Vegetables and legumes</th>
<th>Milks, yoghurt, cheese and alternatives</th>
<th>Meat, fish, poultry and alternatives</th>
<th>Extra foods which we can occasionally include for variety (approx. equivalent to 600kJ) They are generally higher in fat and/or sugar kilojoules salt etc</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slices of bread</td>
<td>Starchy</td>
<td>250ml glass milk or one cup (fresh, longlife or reconstituted)</td>
<td>Cooked meat/chicken 65-100g (eg ½ cup cooked mince/2 small chops/2 slices roast meat)</td>
<td>1 slice (40g) plain cake, 3-4 (35g) plain sweet biscuits, ½ small bar chocolate (25g), 1 (40g) doughnut, 1 tbsp (30g) jam/honey, 15g potato crisps, ½ slice pizza, ½ can soft drink, 2 glasses cordial, 1 scoop (40g) ice cream, ½ meat pie/pasty, 1 tbsp (20g) butter/margarine/oil</td>
</tr>
<tr>
<td>1 bread roll</td>
<td>½ medium sweet potato</td>
<td>½ cup evaporated milk</td>
<td>Cooked fish fillet 80-120g</td>
<td>*Food allergies are the most common triggers for anaphylaxis (a severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow’s milk, egg, wheat, soybean, tree nuts (eg cashew), fish and shellfish. Schools and preschools should be aware of the risk of hidden allergens. Check your school/preschool policy regarding students with severe allergies and see section on ‘student health plans’ in Part 2 of this document, page 60.</td>
</tr>
<tr>
<td>1 cup rice, pasta or noodles</td>
<td>1 medium parsnip</td>
<td>40g (2 slices) cheese</td>
<td>2 small eggs</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>250ml (1 cup) custard</td>
<td>Cooked dried beans, lentils, chickpeas, split peas or canned beans ½ cup, ½ cup peanuts*/almonds</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dark green leafy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup cabbage, spinach, silverbeet, broccoli, cauliflower, brussels sprouts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Legumes and other vegetables</td>
<td>200g (1 small carton) yoghurt, plain or fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup lettuce</td>
<td>½ cup soy milk (calcium fortified)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup broad beans, lentils, peas, green beans, zucchini, salad vegetables, mushrooms, tomatoes, capsicum, cucumber, sweetcorn, turnips, swede, celery, eggplant, sprouts, etc</td>
<td>1 cup almonds (as alternative)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 strawberries</td>
<td>½ cup pink salmon with bones (as alternative)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>20 grapes or cherries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium sized: 1 piece</td>
<td></td>
<td>½ cup fruit juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(apple, mango, orange, mandarin, banana, pear, etc)</td>
<td></td>
<td>¼ cup melon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smaller fruit: 2 pieces</td>
<td></td>
<td>Dried fruit:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(apricot, kiwi, plum, fig, etc)</td>
<td></td>
<td>4 dried apricots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 strawberries</td>
<td></td>
<td>1.5 tbsp sultanas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 grapes or cherries</td>
<td></td>
<td>1 cup diced pieces</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Food allergies are the most common triggers for anaphylaxis (a severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow’s milk, egg, wheat, soybean, tree nuts (eg cashew), fish and shellfish. Schools and preschools should be aware of the risk of hidden allergens. Check your school/preschool policy regarding students with severe allergies and see section on ‘student health plans’ in Part 2 of this document, page 60.
Foods to provide for good health and learning

Research shows that children and students from the age of two years to eighteen years eat two to three times the recommended amounts of ‘extra’ foods and that while, for those of school age, some is eaten during school hours, more is eaten outside these hours.

The *Right Bite* strategy aims to encourage and assist schools and preschools to provide and promote healthy food to children and students while supporting their learning about food and health.

Schools and preschools are encouraged to base meals and snacks on the five basic food groups.

Table 3 (next page) shows how to use the *Australian Guide to Healthy Eating* to plan a healthy day’s intake. The example here is for an eight year old child and shows how the recommended number of daily serves in each food group is provided.
### Table 3: An example of a healthy day’s intake for an eight year old child

<table>
<thead>
<tr>
<th>Five food groups</th>
<th>Bread, cereals, rice, pasta, noodles</th>
<th>Vegetables, legumes</th>
<th>Fruit</th>
<th>Milk, yoghurt, cheese</th>
<th>Meat, fish, poultry, eggs, nuts, legumes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 slice whole grain toast (thinner spread with reduced salt poly or mono-unsaturated margarine or jam) or ½ cup rice/noodles</td>
<td>½</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 bowl wholegrain cereal (no added sugar)</td>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1 cup of reduced fat milk</td>
<td></td>
<td>1</td>
<td></td>
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<tr>
<td></td>
<td>½ banana chopped on cereal</td>
<td>½</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morning snack</td>
<td>2 slices bread or 1 bread roll or 4 dry biscuits (wholegrain, low fat, low salt)</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>½ cup sliced tomato + avocado on biscuits or ½ cup celery and carrot sticks</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1 piece of fruit</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>2 slices bread or 1 bread roll (thinner spread with unsaturated reduced salt margarine)</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1 slice lean meat or chicken in sandwich or roll</td>
<td></td>
<td>½</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>½ cup salad in sandwich or roll</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1 cup fruit salad or 1 orange or 1 apple</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>100g low fat yoghurt on fruit salad or 125ml reduced fat milk to drink</td>
<td></td>
<td>½</td>
<td></td>
<td></td>
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<tr>
<td>Afternoon snack</td>
<td>½ cup of rice/cereal with ½ cup reduced fat milk</td>
<td>½</td>
<td>½</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1 toasted cheese sandwich</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Evening meal</td>
<td>Stirfry with 1 cup of noodles, 1 cup of mixed vegetables in stirfry and 65–100g cooked lean meat or chicken</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Evening meal or evening snack</td>
<td>Fresh fruit eg 1 apple, 1 orange, 2 plums, 1 cup cherries</td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Number of serves provided in above meal plan</td>
<td></td>
<td>5</td>
<td>4</td>
<td>3½</td>
</tr>
<tr>
<td></td>
<td>Number of serves recommended by the AGHE</td>
<td></td>
<td>4-9</td>
<td>3-5</td>
<td>1-2</td>
</tr>
</tbody>
</table>
How do we maintain healthy weight in children?

If a child or student consumes more energy (i.e., kilojoules) than they use, the extra energy is stored as body fat.

It doesn’t take much extra food intake each day to result in a substantial weight gain over a year.

So it’s a simple equation: if we consume more energy than we burn up, we put on weight, if less, we lose weight.

Avoiding excessive intakes of foods and drinks from the ‘extras’ group will help to avoid excessive energy intake and unhealthy weight gain.

It’s all about balance

**Energy In** = Food and drinks consumed

**Energy Out** = Physical activity and body functions